

## **USNSCC SWIM QUALIFICATION STANDARDS**

All cadets must become swim qualified in order to participate in Coast Guard training. A minimum of 3<sup>rd</sup> class qualification must be achieved each year with a qualification of 1<sup>st</sup> class exempting you from annual re-qualification. Each event will be explained and demonstrated before you are required to perform it. The standards for each class are as follows:

### 3<sup>rd</sup> Class

- Enter the water from a minimum height of 5 ft and remain afloat for 5 minutes
- Swim 50 yards utilizing one or any combination of the three survival strokes (breast, freestyle, side).

### 2<sup>nd</sup> Class

- Successfully complete 3rd Class swim qualification
- Enter the water from a minimum height of 5 ft and remain afloat for 10 minutes
- Swim 100 yards utilizing all three survival strokes (breast, freestyle, side) for at least 25 yards each

### 1<sup>st</sup> Class

- Successfully complete 2nd Class swim qualification
- Swim 25 yards underwater coming up for air twice while simulating flaming oil removal. (note, you must come up for air two times)
- Swim 25 yards while carrying someone of equal or greater size
- Enter water wearing trousers and remove them to use as a floatation device for 1 minute
- Swim 220 yards utilizing any combination of the three survival strokes (breast, freestyle, side)